

## Fluid Milk Substitutions in Child Nutrition Programs: Non-Dairy Beverages Meeting USDA Substitution Criteria

USDA Nutritional Criteria Per Cup serving and minimum percent allowable on a nutrient facts label		8 <sup>th</sup> Continent Original Soymilk	8 <sup>th</sup> Continent Vanilla Soymilk	Silk Original Soymilk	Pacific Natural Ultra Soymilk Plain and Vanilla	Great Value Original Soymilk	Kikkomon Pearl Organic Soymilk Smart Original  (Creamy Vanilla and Chocolate flavors also meet guidelines)	Westsoy Organic Plus Plain and Vanilla
Calcium	276 mg-27.6%	300 mg	300 mg	450 mg	300 mg	300 mg	300 mg	300 mg
Protein	8 grams	8 grams	8 grams	8 grams	10 grams	8 grams	8 grams	8 grams
Vitamin A	500 IU-10%	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU	1000 IU
Vitamin D	100 IU-25%	100 IU	100 IU	120 IU	100 IU	120 IU	100 IU	100 IU
Magnesium	24 mg-6%	24 mg	24 mg	60 mg	60 mg	40 mg	24 mg	15%
Phosphorus	222 mg-22.2%	250 mg	300 mg	250 mg	250 mg	250 mg	250 mg	25%
Potassium	349 mg-9.7%	360 mg	460 mg	370 mg	460 mg	360 mg	350 mg	440 mg
Riboflavin	.44 mg-25.9%	.6 mg	.6 mg	.6 mcg	.6 mg	.6 mg	.6 mg	30%
Vitamin B12	1.1 mcg-18.3%	1.2 mcg	1.2 mcg	3 mcg	1.53 mcg	3 mcg	1.2 mcg	50%
Container Size/ Packaging		Half Gallon	Half Gallon	Quart, Half Gallon	8.25 oz carton (24/case) or 32 oz. carton	64 oz. carton	8.25 oz. carton (24/case)	32 oz. and 64 oz. carton
Shelf Stable		No	No	No	Yes	No	Yes, 1 year (unopened)	Yes
Storage Tips		Refrigerate and use within 10 days after opening		Refrigerate and use within 7-10 days	Refrigerate after opening. Use within 7-10 days	Refrigerate and use within 7-10 days	Refrigerate after opening	Refrigerate after opening

This list is subject to change and is not all inclusive. USDA does not evaluate, approve, or endorse any nondairy beverage intended to be offered as a milk substitute.

Providers have the option to offer a nondairy milk substitute to a child with a medical or special dietary need other than a disability. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk, as outlined in the National School Lunch Program (NSLP) regulations at 7 CFR 210.10 (m)(3).

For practical reasons, lactose-free milk should be the first choice for a child who has lactose intolerance. Lactose-free milk provides the same key nutrients found in regular cow's milk and is readily available.